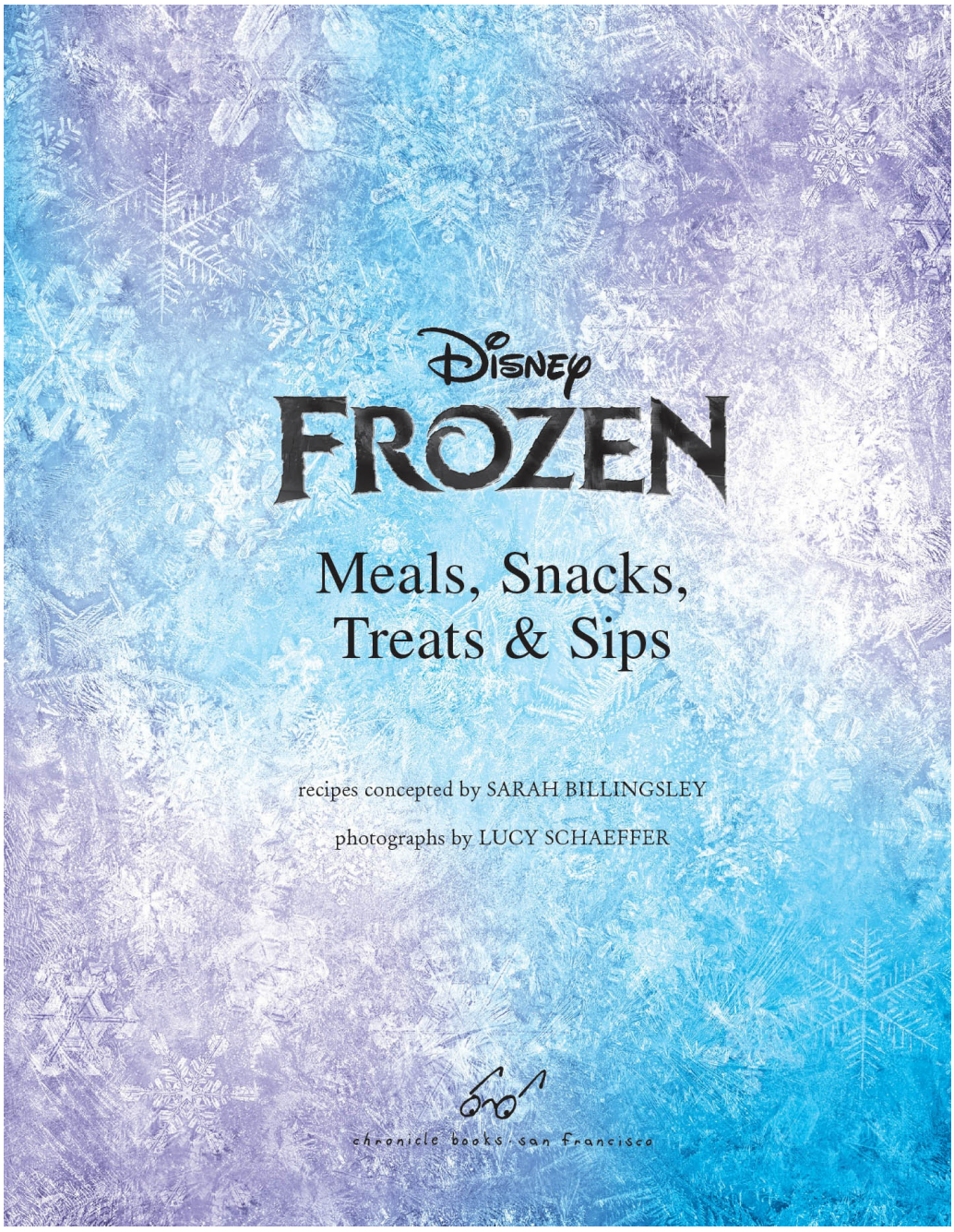
Disney
FROZEN
Meals, Snacks,
Treats & Sips


Disney
FROZEN
Meals, Snacks,
Treats & Sips
recipes concepted by SARAH BILLINGSLEY
photographs by LUCY SCHAEFFER
chronicle books · san francisco

Copyright © Disney Enterprises, Inc.

All rights reserved. No part of this book may be reproduced in any form without written permission from the publisher.

ISBN 978-1-4521-5131-1 (pb)

ISBN 978-1-4521-5857-0 (epub, mobi)

Recipes concepted by Sarah Billingsley.
Photographs by Lucy Schaeffer.
Design by Hillary Caudle.

Chronicle Books LLC
680 Second Street
San Francisco, California 94107

Chronicle Books—we see things differently. Become part of our community at www.chroniclekids.com.

Contents

Frozen Kitchen Safety & Basics 4

Meals & Snacks

Build Your Own Olaf Pancakes 7

Queen Elsa's Braided Bread 10

Snow Glows White on the Mountain Porridge 13

We Finish Each Other's . . . Sandwiches! 15

Wandering Oaken's "Lutefisk" Melts 16

Olaf's Warm Hug Buns 19

Moss on a Rock . . . Troll? 21

Sven's Favorite Dip . . . for Carrots 24

"Do You Want to Build a Snowman?" Cheese Balls 26

Snowflake Crackers 28

Special Coronation Day Soup 31

Sven's Reindeer Food 33

Oaken's Sauna Fruit Leather 34

Treats & Sips

Frozen Snowflake Cookies 37

Gingersnapping Wind on the North Mountain Cookies 40

What Is That Amazing Smell—Chocolate Brownies 43

"Bring Back Summer" Ice Cream Sandwiches 46

Beautiful Winter Cream Buns 48

Elsa's Coronation Cupcakes 51

Marshmallow's Treats 54

Your Own Personal Flurry Dessert 57

Arendelle's Hot Glogg 58

"Love Will Thaw a Frozen Heart" Treats 60

Olaf's Summer Smoothie 61

Split the Ice Apart Ice Cubes 63

Frozen Kitchen Safety & Basics

- Always read the recipe before you start cooking or baking, and gather all your ingredients and tools. You don't want to get midway into stirring up a soup and realize you don't have an important ingredient!

- Don't be afraid to make substitutions! If you don't like raisins, try dried cherries or cranberries. Allergic to nuts? Try shelled sunflower seeds. Substitute your favorite vegetables or fruits for the ones you don't like so much. Congratulations: you are now creating your own recipes!

- Never cook or bake without a grown-up to help you with hot (and heavy!) pots and ovens, knives, reaching things on high shelves, and adding the chocolate.

- It's just as fun to eat and cook healthy foods, such as soups, sandwiches, and oatmeal, as it is to bake cookies and cupcakes. Be creative! Make it with love, and it will be delicious.

- Eat your colors. A healthy plate contains all the colors of the rainbow, from red strawberries to purple beets. This goes for the food groups, too: protein, dairy, grains, fruits, and vegetables should all be regularly featured in your diet.

- Buy a rimmed baking sheet. You'll use it for everything, from baking cookies and brownies to roasting vegetables and making toast.

- Buy winter themed cookie cutters. Many recipes in this book call for a snowman (3 x 5 inches/7.5 x 12.5 centimeters) and a snowflake (2 x 2 inches/5 x 5 centimeters) cookie cutter—sometimes both!

- Use parchment paper! It makes your cleanup so much easier, from baking spillovers to crumbled cookies. And it's excellent for lining pans and baking sheets and putting between layers of cookies when you pack them up in a container to store or share.

- In this cookbook, salt is always kosher salt, butter is always unsalted butter, and eggs are always large.

- These recipes are inspired by Scandinavia, as is the *Frozen* world. Feel free to experiment with flavors from other parts of the world, too.

Meals & Snacks

Build Your Own Olaf Pancakes

Build your own Olaf pancakes, with blueberries for buttons, plum pieces for eyes, plus a small slice of strawberry for a nose. Leftover pancakes make an excellent base for sliced cheese, cream cheese, or jam.

MAKES ABOUT 30 OLAF PANCAKES

¾ cup (105 grams) whole-wheat flour

¼ cup (30 grams) rye flour

¼ cup (30 grams) oat flour

2 tablespoons flaxseed

2 tablespoons cornmeal

1 teaspoon baking powder

½ teaspoon baking soda (bicarbonate of soda)

½ teaspoon salt

2 eggs

½ cup (120 millilitres) buttermilk

½ cup (120 millilitres) water

4 tablespoons (55 grams) butter

Maple syrup or jam for serving

Yogurt, plum pieces, and fresh berries for decorating or serving

1 Preheat the oven or a toaster oven to 200°F (95°C).

2 In a large bowl, whisk together the whole-wheat flour, rye flour, oat flour, flaxseed, cornmeal, baking powder, baking soda (bicarbonate of soda), and salt.

3 In a small bowl or pitcher, whisk the eggs. Add the buttermilk and water and whisk together. Pour into the flour mixture, stirring just until combined.

4 Heat a large skillet or griddle over medium heat. Add 1 tablespoon of the butter and let it melt. Spoon the batter, ¼ cup (60 millilitres) at a time, into the hot butter. Do not crowd the pan. Cook the pancakes in batches with some space between. Cook until lots of bubbles form around the edges of the pancakes, 3 to 5 minutes. Flip the pancakes and cook until the pancakes loosen easily from the pan, 2 to 3 minutes. Transfer to a heat-proof plate, cover loosely with aluminum foil, and keep warm in the oven. Repeat with the remaining batter, using the leftover butter as needed (you may not use all of it).

5 Using the snowman cutter, cut out shapes from the warm pancakes. Serve with maple syrup, yogurt, plums, and berries. Leftover pancakes can be refrigerated in an airtight container for up to 2 days.

Queen Elsa's Braided Bread

Re-create Elsa's beautiful braid with this delicious bread.

MAKES ONE 12-INCH (30.5-CENTIMETRE) LOAF

¾ tablespoon (1 package) active dry yeast

4 tablespoons (50 grams) sugar

Grated zest from 1 orange

¼ cup (60 millilitres) fresh orange juice

3 tablespoons olive oil

2 eggs, plus 1 egg yolk

2 teaspoons salt

3½ to 4 cups (490 to 560 grams) all-purpose flour

1 teaspoon water or milk

HONEY-CINNAMON SPREAD

4 tablespoons (55 grams) butter, at room temperature

1 tablespoon honey

1 teaspoon ground cinnamon

1 Line a baking sheet with parchment paper and grease a large bowl.

2 In a large bowl or in the bowl of a stand mixer fitted with the paddle attachment, combine the yeast, 1 tablespoon of the sugar, and ½ cup (120 millilitres) of warm water. Stir to combine and let rest until foamy, about 10 minutes.

3 Stir the orange zest, orange juice, and olive oil into the yeast mixture. Add the 2 eggs, the remaining 3 tablespoons sugar, and the salt and mix on low speed until smooth. Stop the mixer, add 3½ cups (490 grams) of flour, and mix just until combined on low speed (or stir with a wooden spoon). Switch to the dough hook and knead on medium speed (or knead, folding the dough over onto itself, on a lightly floured work surface) for about 5 minutes, adding a bit of flour as needed, until the dough is smooth and elastic. It will still be a little bit sticky. Form the dough into a ball.

4 Transfer the dough into the buttered bowl and flip the dough over so the ball is greased on all sides. Cover loosely with a dish towel (tea towel) and let rise in a warm place until it has doubled in size, about 1 hour.

5 Punch down the dough, turn out onto a lightly floured work surface, and knead until smooth, about 2 minutes. Form into a ball. Divide the dough into three equal pieces. Roll each piece into a 10-inch (25-centimetre) rope.

6 Lay the three ropes side by side. At one end, press the three ropes together. Then braid the three ropes, one over the other, plaiting them as you would hair. Twist the ends together to seal the bottom. Transfer the braid to the prepared baking sheet.

7 In a small bowl, whisk the egg yolk with the 1 teaspoon water and brush on the loaf. Cover loosely with a dish towel (tea towel) and let rise in a warm place until slightly larger and puffy, 30 to 45 minutes.

8 Preheat the oven to 350°F (180°C).

9 Bake the braid for 30 to 40 minutes, until golden.

10 **MEANWHILE, MAKE THE HONEY-CINNAMON SPREAD:** Combine the butter, honey, and cinnamon in a small bowl. Use a fork to mash the ingredients together, mashing and stirring until smooth and combined.

11 Cool the braid on a rack. Slice the bread and serve with Honey-Cinnamon Spread.

Snow Glows White on the Mountain Porridge

Brave a trek up the North Mountain with this tummy-satisfying bowl of porridge. Feel free to swap out other fruits for the blueberries, honey for the maple syrup, or skim, low-fat, or nut milk for the coconut milk.

MAKES 2 SERVINGS

¾ cup (180 millilitres) coconut milk

½ cup (50 grams) rolled oats

¼ cup (60 millilitres) Greek yogurt

2 teaspoons maple syrup

1 teaspoon dried chia seeds (optional)

Pinch of salt

¼ cup (35 grams) fresh blueberries, raspberries, or strawberries

2 tablespoons shredded coconut

Ground cinnamon for sprinkling

1 In a 1-quart (1-litre) glass jar with a lid or a glass bowl with a lid, combine the coconut milk, oats, yogurt, maple syrup, chia seeds (if using), and salt. Screw on the lid and shake until the ingredients are well combined. Remove the lid, add the berries and coconut, and stir gently to combine. Replace the lid and refrigerate overnight or for up to 48 hours. The oats and chia seeds will plump after soaking.

2 Sprinkle with cinnamon and serve chilled.

We Finish Each Other's . . . Sandwiches!

Prince Hans and Princess Anna sing about their love for each other . . . and sandwiches! Make your own snowflake-shaped sandwiches with your favorite fillings.

MAKES 4 SMALL SANDWICHES

4 slices brown or white whole-wheat bread

4 to 6 tablespoons (65 to 95 grams) almond, peanut, or sunflower butter

4 to 6 tablespoons (75 to 115 grams) lingonberry, strawberry, or raspberry jam

1 Spread 2 of the bread slices generously with nut butter. Spread the remaining 2 bread slices generously with jam, and place on top of the nut-buttered slices, jam-side down.

2 Using the snowflake cutter, cut out two snowflake shapes from each sandwich. Serve immediately, sharing the delicious leftover crusts with someone you love.

*contains nuts

Wandering Oaken's "Lutefisk" Melts

Hoo hoo! Oaken inspires good feelings with these delicious tuna-and-cheese melts.

MAKES 8 SNOWFLAKE OR 4 OLAF MELTS

One 5-ounce (140-gram) can tuna in water, drained

1 celery stalk, minced

½ small onion, minced

3 tablespoons mayonnaise

Salt and freshly ground black pepper

4 slices sturdy bread, such as whole wheat or sourdough

4 slices mild Cheddar or Monterey Jack cheese, cut into thin pieces

Sliced carrot, dried fruit, and celery leaves for decorating

1 Preheat the oven or toaster oven to 375°F (190°C). Line a baking sheet with parchment paper.

2 In a small bowl, mash the tuna with a fork. Add the celery, onion, and mayonnaise, and stir to combine. Season with salt and pepper.

3 Using the snowflake or snowman cutter, cut out 2 snowflake shapes or 1 snowman shape from each piece of bread. Place on the prepared baking sheet. Top each bread shape with a scoop of tuna salad, spreading it to cover the bread. Top the tuna with a few strips of cheese to cover.

4 Bake until the cheese is melted, about 5 minutes. Decorate as desired and serve when cool enough to handle. Careful! Hot cheese burns.

Olaf's Warm Hug Buns

Olaf loves warm hugs, and these flaky buns are as comforting as a hug!

MAKES ABOUT 20 OLAF BUNS

3½ cups (490 grams) all-purpose flour

1 tablespoon baking powder

2 teaspoons salt

1 teaspoon baking soda (bicarbonate of soda)

1 teaspoon sugar

Grated zest from 1 orange (optional)

½ teaspoon anise seed or ¼ teaspoon ground anise (optional)

½ cup (110 g) butter, cut into ½-inch (12-mm) cubes and chilled

1½ cups (360 millilitres) buttermilk, plus more for brushing

Honey-Cinnamon Spread (page 10)**, jam, or butter for decorating or serving**

1 Preheat the oven to 425°F (220°C). Line a baking sheet with aluminum foil.

2 In a large bowl, whisk together the flour, baking powder, salt, baking soda (bicarbonate of soda), sugar, orange zest, and anise (if using). Using your fingers, rub the butter into the flour mixture, pinching and pressing it between your fingers until the mixture is coarse and crumbly. Make a well in the flour mixture, pour in the buttermilk, and, using a wooden spoon, stir gently until the mixture forms a rough dough that just holds together.

3 Turn the dough out onto a lightly floured work surface and pat it into a square, about ¾ inch (2 centimetres) thick. Using the snowman cutter, cut out as many shapes as you can and transfer them to the prepared baking sheet, spacing them at least ½ inch (12 millimetres) apart. Gather up the dough scraps, pat into a round, re-roll, and cut out more buns. Repeat until you've used all the dough. Brush the buns with buttermilk.

4 Bake the buns until they're golden brown, 12 to 15 minutes. Transfer to a wire rack and cool slightly. Serve warm, with Honey-Cinnamon Spread, jam, or butter. Or cool completely and pipe a design using the spread, jam, or butter as pictured.

Moss on a Rock . . . Troll?

Is it a rock? Is it a troll? You decide what to call this yummy rice ball after you roll it and decorate it.

MAKES 8 ROUND TROLLS

1¼ cup (125 grams) cooked short-grain brown rice

¼ cup (35 grams) chopped raisins or dried cranberries

¼ cup (30 grams) chopped walnuts, pecans, or sunflower seeds

¼ cup (25 grams) minced apple

2 teaspoons salt

¼ cup (75 grams) strawberry or plum jam

2 tablespoons melted butter

½ teaspoon ground cinnamon

Seaweed snacks and raisins for decorating

1 Position an oven rack 6 inches (15 centimetres) from the heat source and preheat the broiler. Line a baking sheet with aluminum foil.

2 In a medium bowl, stir together the rice, raisins, walnuts, apple, and salt. Divide the rice mixture into eight equal portions. Scoop one portion into the palm of one hand. Use a finger to press a dent into the rice, and add 1 teaspoon of the jam into the indentation. Press the rice mixture around the jam, molding it into a ball. Repeat with the remaining rice mixture and jam.

3 Place the rice balls on the prepared baking sheet. Drizzle them with the melted butter and sprinkle with cinnamon. Broil until the top is crisp, about 3 minutes. Flip and broil the other side until crisp, about 3 minutes more. Cool slightly, and then decorate. Snip the seaweed into thin strips for hair and use the raisins for eyes. Serve warm.

*contains nuts

Sven's Favorite Dip . . . for Carrots

Sven likes carrots any way, but this creamy, yummy dip makes carrots (or any veggies) taste super-special.

MAKES ABOUT 1 CUP (240 MILLILITRES)

6 green onions, white and light green parts, roughly chopped

1 tablespoon fresh lemon juice

½ cup (120 millilitres) sour cream

¼ cup (60 millilitres) Greek yogurt or quark

2 tablespoons olive oil

½ teaspoon sweet paprika

Salt and freshly ground black pepper

Carrots, celery, sliced fennel, crackers, or pita bread for serving

1 In a small bowl, stir together the green onions and lemon juice and set aside for 15 minutes.

2 Pour the green onion–lemon juice mixture into the work bowl of a food processor (or blender). Add the sour cream, yogurt, olive oil, and paprika and process until smooth. Season with salt and pepper. Spoon into a serving bowl and serve immediately with vegetables, crackers, or pita bread for dipping. Leftover dip can be refrigerated in an airtight container for up to 3 days.

"Do You Want to Build a Snowman?" Cheese Balls

Design your own special snowman friends, built from "snowballs" made from cheese! Then decorate and watch them melt away as you eat them with crackers, pita bread or crisps, or veggies.

MAKES 3 SNOWMEN

6 ounces (170 grams) white Cheddar cheese, grated, at room temperature

4 ounces (115 grams) cream cheese, at room temperature

¼ cup (8 grams) freshly grated Parmesan cheese, at room temperature

1 tablespoon fresh lemon juice

1 teaspoon Dijon mustard

½ teaspoon garlic powder

Salt and freshly ground black pepper

¼ cup (35 grams) white sesame seeds for rolling

2 pitted black olives, cut into rings for decorating

1 carrot, cut into curls with a vegetable peeler for decorating

Crackers, pita crisps, or sliced veggies for serving

1 In a large bowl, combine 4 ounces (115 grams) of the white Cheddar, the cream cheese, and Parmesan and beat with a wooden spoon until creamy. Stir in the lemon juice, mustard, and garlic powder. Season with salt and pepper.

2 Lay a piece of plastic wrap (cling film) on the counter. Scrape 3 tablespoons of the cheese mixture onto the plastic wrap (cling film), pulling up the edges of the plastic wrap (cling film) to form the cheese into a ball. Repeat, making balls of different sizes: the largest with 3 tablespoons of the mixture, a medium ball with 2 tablespoons of the mixture, and the smallest ball, or snowman head, with 1 tablespoon of the mixture. You should have three large balls, three medium balls, and three small balls. Chill the cheese balls covered in plastic wrap (cling film) for at least 2 hours and up to 3 days.

3 Put the remaining 2 ounces (55 grams) Cheddar in a shallow bowl. Unwrap a cheese ball and roll it in the Cheddar until coated. Sprinkle with sesame seeds. Repeat with the remaining balls.

4 Place the three large cheese balls on a serving plate. Top each with a medium ball, then place the smallest ball on top, to form a snowman shape. Cover with plastic wrap (cling film) and refrigerate until serving.

5 About 30 minutes before serving, unwrap the cheese balls and let them come to room temperature. Decorate with sliced olives for the eyes and carrot curls for the hair, and serve with crackers, pita crisps, or sliced veggies.

Snowflake Crackers

So crisp, they shatter like the frozen fjord when you bite them. Try floating these crackers shaped like snowflakes in your favorite soup.

MAKES ABOUT 25 SNOWFLAKE CRACKERS

2 cups (280 grams) all-purpose flour

¼ cup plus 2 tablespoons (12 grams) freshly grated Parmesan cheese

1 teaspoon packed light brown sugar

½ teaspoon baking soda (bicarbonate of soda)

½ teaspoon salt, plus more for sprinkling

¼ cup (60 millilitres) sour cream

2 tablespoons olive oil

6 tablespoons (90 millilitres) water

1 Preheat the oven to 350°F (180°C). Line two baking sheets with parchment paper.

2 In a large bowl (or the work bowl of a food processor), combine the flour, ¼ cup (8 grams) of the Parmesan, the brown sugar, baking soda (bicarbonate of soda), and salt.

3 In a small pitcher, whisk together the sour cream, olive oil, and water. Add to the flour mixture and stir (or pulse) just until the dough comes together. Turn out onto a lightly floured work surface and fold the dough over onto itself, kneading, until smooth, about 2 minutes. Form into a ball, then pat into a thick disk. Cover in plastic wrap (cling film) and let rest at room temperature for 30 minutes.

4 On a lightly floured work surface, roll out the disk until it's about ⅛ inch (4 millimetres) thick. Using the snowflake and snowman cutters, cut out as many shapes as you can and transfer them to the prepared baking sheets. Gather up the dough scraps, re-roll, and cut out more crackers.

5 Sprinkle the crackers with the remaining 2 tablespoons Parmesan and a little salt. Bake until golden brown, about 15 minutes. Transfer to a wire rack and cool completely. Store the crackers in an airtight container at room temperature for up to 3 days.

Special Coronation Day Soup

The people of Arendelle deserve a soup as special as their queen. This soup for all seasons warms the belly when the winter world is under Elsa's spell, or celebrates the coming of the spring thaw. Serve with a few Snowflake Crackers (page 28), if you like.

MAKES 4 SERVINGS

1 tablespoon olive oil

1 small onion, diced

1 carrot, diced

1 celery or fennel stalk, diced

Salt

4 cups (960 millilitres) chicken or vegetable stock

1 cup (80 grams) canned pinto or white beans, rinsed and drained

½ cup (60 grams) small pasta, such as ditalini, alphabet, or pastini

1 cup (120 grams) frozen peas

Freshly ground black pepper

Chopped fresh herbs such as parsley or basil for serving (optional)

Freshly grated Parmesan cheese for serving (optional)

1 In a large saucepan or soup pot over medium heat, warm the olive oil. Add the onion, carrot, and celery, and cook, stirring, until soft and beginning to brown, about 10 minutes. Season with a generous pinch of salt and add the chicken stock and beans. Bring the mixture to a simmer, turn the heat to medium-low, and cook long enough for the flavors to marry and the vegetables to completely soften, about 20 minutes.

2 Increase the heat to medium-high and bring the soup to a gentle boil. Add the pasta and cook until al dente, 6 or 7 minutes. Add the peas and stir until warmed through. Remove from heat.

3 Serve warm, topped with pepper, fresh herbs, and a sprinkle of Parmesan (if using). Store leftover soup in an airtight container in the refrigerator for up to 1 week.

Sven's Reindeer Food

Kristoff and Sven need a healthy snack to stash in the cup holder of their new sleigh. This tasty mixture should be eaten by hand.

MAKES ABOUT 4 CUPS, ENOUGH FOR 16 SNACKS

1 cup (140 grams) raw unsalted nuts

1 cup (25 grams) multigrain cereal, such as Os, flakes, or Chex

½ cup (70 grams) raw shelled unsalted pumpkin or sunflower seeds (or a mixture)

2 tablespoons olive or vegetable oil

½ teaspoon salt

¼ teaspoon ground cinnamon

¼ cup (45 grams) dried sweet fruit, such as dates, figs, bananas, or mangoes

¼ cup (35 grams) dried tart fruit, such as cherries, apricots, or cranberries

2 tablespoons chocolate chips

1 Preheat the oven to 325°F (165°C). Line a baking sheet with parchment paper.

2 In a medium bowl, combine the nuts, cereal, seeds, olive oil, salt, and cinnamon. Mix with your hands until well combined. Pour onto the prepared baking sheet, spreading evenly. Bake until golden, 15 to 20 minutes. Cool completely.

3 Transfer to a medium bowl and mix in the dried fruit and chocolate chips. Store in an airtight container at room temperature for up to 2 weeks.

*contains nuts

Oaken's Sauna Fruit Leather

To make these snacks, dehydrate a big summer blowout of fruit in the "sauna" of your oven and capture the taste of summer in a bite.

MAKES 26 TO 30 FRUIT LEATHER SHAPES

4 large, very ripe peaches, peeled, pitted, and cut into chunks

2 to 3 tablespoons honey or agave syrup, depending on sweetness of peaches

2 teaspoons fresh lemon juice

1 Preheat the oven to 150°F (65°C). Line a 13-by-15-inch (33-by-38-centimetre) rimmed baking sheet with a silicone baking mat or parchment paper.

2 In a blender, combine the peaches, honey, and lemon juice and purée until smooth.

3 Spoon the purée onto the prepared baking sheet, spreading evenly.

4 Bake until the fruit leather is completely dry in the center, 6 to 8 hours. Transfer to a wire rack and cool completely. Then peel the fruit leather off of the baking mat. Using the snowman and snowflake cutters, cut out shapes from the fruit leather, or cut into long strips with a knife. Serve immediately, or store covered tightly in plastic wrap (cling film), at room temperature, for up to 1 month.

Treats & Sips

Frozen Snowflake Cookies

You can have snow at any time of year with these sparkling sugar cookies!

MAKES ABOUT 50 SNOWFLAKE COOKIES

1 cup (140 grams) all-purpose flour

1 cup (140 grams) whole-wheat flour

1 teaspoon baking powder

¼ teaspoon salt

10 tablespoons (140 grams) butter, at room temperature

1 cup (200 grams) granulated sugar

1 egg

1 teaspoon vanilla extract (vanilla essence)

Pearl or sanding sugar for decorating (optional)

ICING (OPTIONAL)

2 cups (240 grams) confectioners' sugar (icing sugar)

3 to 4 tablespoons (45 to 60 millilitres) whole milk

1 Sift the all-purpose flour, whole-wheat flour, baking powder, and salt onto a piece of parchment paper.

2 Using a hand mixer or a stand mixer fitted with the paddle attachment, beat the butter and granulated sugar on medium speed until light and creamy, about 5 minutes. Add the egg and vanilla and mix until thoroughly combined.

3 On low speed, add the flour mixture and mix just until a crumbly dough forms. With your hands, press the dough into a ball and pat into a disk. Cover in plastic wrap (cling film) and refrigerate for at least 1 hour or up to overnight.

4 Preheat the oven to 375°F (190°C). Line two baking sheets with parchment paper.

5 On a lightly floured work surface or between two sheets of parchment or wax paper (grease-proof paper), roll the dough until it's ¼ inch (6 millimetres) thick. Using the snowflake cutter, cut out as many shapes you can and transfer them to the prepared baking sheets, spacing at least 1 inch (2.5 centimetres) apart. Gather up the dough scraps, re-roll, and cut out more cookies, using the remaining dough.

6 If decorating with pearl sugar, sprinkle the cookies with pearl sugar and bake until just beginning to brown at the edges, 8 to 10 minutes. Transfer to a wire rack and cool completely.

7 **IF ICING THE COOKIES:** Bake the cookies until just beginning to brown at the edges, 8 to 10 minutes. Transfer to a wire rack and cool completely. Meanwhile, sift the confectioners' sugar (icing sugar) into a medium bowl. Stir in enough of the milk to make a stiff, smooth icing. Spoon into pastry bags to pipe designs or use a butter knife to spread the icing on the

cookies. Sprinkle with a bit of sparkly sanding sugar while wet, if desired. Let the icing dry completely, about 8 hours, before storing or stacking the cookies.

8 Store the cookies in an airtight container at room temperature for up to 1 week.

Gingersnapping Wind on the North Mountain Cookies

As biting as the wind on the North Mountain, these gingersnaps are perfect dunked into cocoa. Enjoy them as a special treat in front of a roaring fire.

MAKES 24 COOKIES

1 cup (140 grams) whole-wheat flour

¾ cup (105 grams) all-purpose flour

2 teaspoons baking soda (bicarbonate of soda)

2 teaspoons ground ginger

1 teaspoon ground cinnamon

1 teaspoon salt

½ teaspoon ground cloves

¼ teaspoon ground nutmeg

10 tablespoons (140 grams) butter, at room temperature

1 cup (200 grams) packed dark brown sugar

3 tablespoons molasses (treacle) or honey

1 egg, at room temperature

1 teaspoon vanilla extract (vanilla essence)

Coarse or pearl sugar for decorating (optional)

Icing (page 37) for decorating (optional)

1 In a large bowl, whisk together the whole-wheat flour, all-purpose flour, baking soda (bicarbonate of soda), ginger, cinnamon, salt, cloves, and nutmeg. Set aside.

2 Using a hand mixer or a stand mixer fitted with the paddle attachment, beat the butter and brown sugar on medium speed until light and creamy, about 5 minutes. On low speed, add the molasses (treacle), egg, and vanilla and mix just until combined. Gradually add the flour mixture and mix until just combined.

3 Divide the dough into two pieces and pat into disks. Cover in plastic wrap (cling film) and refrigerate for at least 1 hour or up to 2 days.

4 Preheat the oven to 375°F (190°C). Line two baking sheets with parchment paper.

5 Working with one piece of dough at a time and between two lightly floured sheets of parchment paper or plastic wrap (cling film), roll the dough until it's ¼ inch (6 millimetres) thick. Transfer to the prepared baking sheets and refrigerate until firm, about 30 minutes.

6 Using the snowflake and snowman cutters, cut out as many shapes as you can and transfer them to the prepared baking sheets, spacing them at least 2 inches (5 centimetres) apart. Gather up the dough scraps, re-roll, and make more cookies with the remaining dough. Sprinkle with coarse or pearl sugar (if using). Leave plain if decorating with icing.

7 Bake the cookies one sheet at a time until they begin to darken around the edges, 6 to 8 minutes. Using a spatula, carefully transfer the cookies to a wire rack and cool slightly. Serve warm or at room temperature, or cool completely and decorate with piped icing. Store the cookies in an airtight container at room temperature for up to 1 week.

What Is That Amazing Smell — Chocolate Brownies

Your kitchen will smell as delicious as the Coronation Ball—where Elsa and Anna experience a delicious waft of chocolate—when these brownies are baking.

MAKES 24 TO 36 SNOWFLAKE BROWNIES

1½ cups (210 grams) all-purpose flour

1 teaspoon baking powder

1 teaspoon salt

4 cold eggs

1¼ cups (100 grams) cocoa powder

1 tablespoon vanilla extract (vanilla essence)

1 cup (220 grams) butter

1½ cups (300 grams) granulated sugar

1 cup (180 grams) light brown sugar 1 cup (180 grams) semisweet chocolate chips or chopped bittersweet chocolate

1 cup (120 grams) chopped walnuts (optional)

Confectioners' sugar (icing sugar) for sprinkling (optional)

1 Preheat the oven to 350°F (180°C). Line a 17¼-by-12¼-inch (43.5-by-31-centimetre) rimmed baking sheet or jelly roll pan with parchment paper, leaving a 2-inch (5-centimetre) overhang on each end. Butter the parchment.

2 Sift the flour, baking powder, and salt onto another piece of parchment. Set aside.

3 In a large bowl or the bowl of a stand mixer fitted with the paddle attachment, combine the eggs, cocoa, and vanilla. Whisk or beat on medium speed until thick and smooth, about 5 minutes if whisking by hand, or 2 minutes if beating with a mixer.

4 In a medium saucepan over medium-low heat, warm the butter, granulated sugar, and brown sugar, stirring, until the butter is melted and the sugar is dissolved, about 5 minutes. Add to the egg mixture, stirring until smooth, stopping to scrape down the sides of the bowl if using a mixer. Add the flour mixture, stirring just until blended. Stir in the chocolate and walnuts (if using).

5 Pour the batter onto the prepared baking sheet, spreading it evenly to fill the pan and smoothing the top. Bake until a toothpick inserted into the middle of the brownies comes out with moist crumbs clinging to it, about 8 minutes. Transfer to a wire rack and cool completely.

6 Using a butter knife, loosen the sides of the brownie from the pan. Using the parchment paper overhang, lift the brownie slab out of the pan and transfer onto the counter. Using the snowflake cutter, cut out shapes from the brownie. Sprinkle with confectioners' sugar (icing sugar), if desired, and serve. Store in an airtight container at room temperature for up to 3 days.

*contains nuts

Note

You can also position the snowflake and snowman cutters on top of the uncut brownie and sift confectioners' sugar (icing sugar) over the top to make snowflake and snowman patterns on top of the brownies. Cut into squares and serve.

"Bring Back Summer" Ice Cream Sandwiches

For the first time in forever, Arendelle's gates are open. And that's a reason to celebrate with these delicious ice cream sandwiches. Elsa's powerful magic means the heat of summer is never too much for freezing ice cream; these cooling treats are perfect for a summer day.

MAKES 10 SNOWFLAKE ICE CREAM SANDWICHES

1¼ cups (175 grams) all-purpose flour

½ cup plus 2 tablespoons (50 grams) cocoa powder

½ cup (100 grams) granulated sugar

½ cup (100 grams) packed light brown sugar

½ teaspoon baking soda (bicarbonate of soda)

¼ teaspoon baking powder

½ teaspoon salt

½ cup (110 grams) butter, cut into cubes, at room temperature

1 egg

2 tablespoons whole milk

1 teaspoon vanilla extract (vanilla essence)

1 pint (480 millilitres) mint chocolate chip ice cream or other flavor

1 Preheat the oven to 350°F (180°C). Line a 13-by-15-inch (33-by-38-centimetre) rimmed baking sheet or jelly roll pan with parchment paper, leaving a 2-inch (5-centimetre) overhang on each side.

2 In a large bowl or the work bowl of a food processor, combine the flour, cocoa, granulated sugar, brown sugar, baking soda (bicarbonate of soda), baking powder, and salt. Add the butter, egg, milk, and vanilla, and stir or pulse just until the batter comes together.

3 Spoon the batter onto the prepared baking sheet, spreading into an even layer. Bake until the cookie slab is firm in the middle and springs back when pressed, 10 to 12 minutes. Transfer to a wire rack and cool on the baking sheet until cool enough to handle, about 15 minutes.

4 Meanwhile, take the ice cream out of the freezer to soften.

5 Using the parchment paper, lift the cookie slab out of the baking sheet and transfer onto the counter. Using the snowflake cutter, cut out an even number of cookies for the tops and bottoms of your sandwiches. You should have 20 cookies total. Make sure you have a bottom for every top! You can eat the leftover scraps of cookies, or freeze them and crumble on top of ice cream.

6 Spread the ice cream evenly on half of the cookies. Top with the remaining cookies. Transfer to a plate and cover with plastic wrap (cling film), or wrap each one individually. Freeze for at least 1 hour and up to 1 week.

Beautiful Winter Cream Buns

"I never knew winter could be so beautiful," says Anna, marveling at the frozen wonderland where she, Kristoff, and Sven meet Olaf for the first time. Re-create winter anytime with these snowy white, soft-as-a-snowdrift breakfast treats.

MAKES 12 BUNS

DOUGH

1 cup (240 millilitres) whole milk

6 tablespoons (85 grams) butter, cut into 1-inch (2.5-centimetre) cubes, at room temperature

½ cup (100 grams) granulated sugar

2½ teaspoons active dry yeast

1 egg, lightly beaten

2¾ to 3 cups (385 to 420 grams) all-purpose flour

1 tablespoon baking powder

2 teaspoons ground cardamom

1 teaspoon salt

CARDAMOM CREAM

¾ cup (150 grams) granulated sugar

3 tablespoons cornstarch

1 tablespoon ground cardamom

¾ teaspoon salt

1½ cups (360 millilitres) whole milk

3 eggs

6 tablespoons (85 grams) butter, cut into small cubes

1 teaspoon vanilla extract (vanilla essence)

1 cup (240 millilitres) heavy cream

1 egg yolk

1 tablespoon heavy cream

ALMOND FILLING

¾ cup (225 grams) almond paste

⅓ cup (80 millilitres) whole milk

1 teaspoon vanilla extract (vanilla essence)

Confectioners' sugar (icing sugar) for dusting

1 Line two baking sheets with parchment paper and butter a large bowl.

2 **MAKE THE DOUGH:** In a small saucepan over medium heat, combine the milk and butter. Cook until the butter melts and the milk is warm but not hot to the touch; it should be about 115°F (45°C) on a candy thermometer. Transfer to the bowl of a stand mixer fitted with the paddle attachment and add the granulated sugar and yeast. Stir to combine and let rest until foamy, about 5 minutes.

3 Add the egg, 2 cups (180 grams) of the flour, the baking powder, cardamom, and salt and mix on low speed until the dough just comes together.

4 Switch to the dough hook and, with the mixer on low speed, add ½ cup (70 grams) of the flour. Slowly add up to ½ cup (70 grams) more flour, as necessary, until the dough is smooth. Raise the speed to medium and knead for 2 minutes, until the dough is smooth and elastic.

5 Turn the dough out onto a lightly floured work surface. Fold the dough over onto itself a few times to incorporate air, and form into a ball. Put the dough into the buttered bowl, flip over so the ball is greased on all sides, and cover with plastic wrap (cling film). Let rise in a warm place until it has doubled in size, about 1 hour.

6 **MEANWHILE, MAKE THE CARDAMOM CREAM:** In a large saucepan, whisk together the granulated sugar, cornstarch, cardamom, and salt, then whisk in the milk and eggs. Set over medium heat and bring the mixture to a boil, whisking constantly until thickened, about 2 minutes. Remove from the heat and pour into a medium bowl. Whisk the butter into the hot mixture, adding several pieces at a time and whisking until thoroughly combined before adding more. Stir in the vanilla. Press a piece of plastic wrap (cling film) to the surface of the mixture and refrigerate until cool, about 2 hours. In a large bowl, whisk the 1 cup (240 millilitres) heavy cream to stiff peaks. Fold the whipped cream into the egg mixture. Refrigerate until ready to use.

7 Turn the dough out onto a lightly floured work surface, punch it down, and turn it over a few times. Divide the dough into 16 pieces; each piece should be about the size of a golf ball. Roll each piece into a ball and place on the prepared baking sheets. Cover with plastic wrap (cling film) or dish towels (tea towels) and let rise in a warm place until the balls have doubled in size, about 1 hour.

8 Preheat the oven to 400°F (200°C). In a small bowl, stir together the egg yolk and 1 tablespoon heavy cream.

9 Brush the tops and sides of each dough ball with the egg mixture. Bake until golden brown, about 20 minutes. Transfer to a wire rack and cool completely.

10 **MEANWHILE, MAKE THE ALMOND FILLING:** Using a food processor (or blender), combine the almond paste, milk, and vanilla and process until smooth.

11 To assemble, cut off the top third of each bun. Pull out most of the dough from inside each bun to make room for the filling; set aside for a separate snack. Fill each bun with about 2 tablespoons of the almond filling and a generous scoop of the cardamom cream. Top with the bun lids and sprinkle with confectioners' sugar (icing sugar). Serve immediately.

*contains nuts

Elsa's Coronation Cupcakes

The ultimate beautiful cupcakes, fit for a queen, her sister, and all their friends.

MAKES 12 CUPCAKES

HEAVENLY CHOCOLATE CUPCAKES

2 ounces (55 grams) unsweetened chocolate

¼ cup (20 grams) cocoa powder

¾ cup (150 grams) granulated sugar

½ cup (110 grams) butter

½ cup (120 millilitres) water

¼ cup (50 grams) packed dark brown sugar

½ teaspoon salt

½ cup (120 millilitres) buttermilk

2 eggs

1 teaspoon vanilla extract (vanilla essence)

1 cup (140 grams) all-purpose flour

1 teaspoon baking powder

½ teaspoon baking soda (bicarbonate of soda)

ROYAL FROSTING

1 cup (240 grams) cream cheese, at room temperature

½ cup (110 grams) butter, at room temperature

1⅓ cups (160 grams) confectioners' sugar (icing sugar)

½ teaspoon salt

1 tablespoon vanilla extract (vanilla essence)

1 to 2 tablespoons whole milk

Blue and green food coloring (optional)

Edible snowflake cupcake toppers, edible glitter, or other decorations (optional)

1 **MAKE THE CUPCAKES:** Preheat the oven to 350°F (180°C). Line a 12-cup muffin tin with paper cups.

2 Chop the unsweetened chocolate into small pieces and put in a medium metal or glass mixing bowl. Mix in the cocoa.

3 In a small saucepan over medium heat, warm the granulated sugar, butter, water, brown sugar, and salt, stirring until the butter is melted and the sugar is dissolved, about 5 minutes. Pour the mixture over the chocolate-cocoa mixture and stir until smooth. Add the buttermilk, eggs, and vanilla and stir until smooth.

4 Sift the flour, baking powder, and baking soda (bicarbonate of soda) onto a piece of parchment paper. Pour into the chocolate mixture and stir until thoroughly combined.

5 Spoon the batter into the prepared muffin tin. Bake until firm to the touch, about 25 minutes. Transfer to a wire rack and cool completely.

6 **MAKE THE FROSTING:** In a large bowl or the bowl of a stand mixer fitted with the whisk attachment, combine the cream cheese, butter, and confectioners' sugar (icing sugar). Whisk or beat on medium-high speed until light and fluffy, about 5 minutes if whisking by hand, or 2 minutes if beating with a mixer. Add the salt, vanilla, and 1 tablespoon milk and whisk or beat, adding more milk if needed, until you have a smooth, spreadable consistency, about 2 minutes. Add the food coloring (if using) a few drops at a time to achieve your desired Queen Elsa blue.

7 To assemble, carefully pop the cupcakes out of the tins. Spread a generous amount of frosting on each cupcake (or pipe frosting onto the cupcakes using a pastry bag fitted with a star tip) and decorate as desired until fit for a queen! Serve immediately or refrigerate in an airtight container for up to 2 days.

Marshmallow's Treats

Like his name, the snow beast Elsa creates to guard her ice palace can be sweetened up. Shape your own Marshmallow and decide whether he is fierce or friendly.

MAKES 32 TO 34 SNOWFLAKES OR 14 TO 16 OLAF-SHAPED TREATS

5 cups (210 grams) crisped brown rice cereal

4 cups (260 grams) miniature marshmallows

½ cup (130 grams) almond butter

2 tablespoons butter

1 teaspoon vanilla extract (vanilla essence)

Pinch of salt

Dried fruit and nuts for decorating (optional)

1 Line a rimmed baking sheet with parchment paper, leaving a 4-inch (10-centimetre) overhang on each end. Place the rice cereal in a large bowl.

2 In a large saucepan over medium-low heat, warm the marshmallows, almond butter, and butter, stirring constantly, until melted. Remove from the heat, and stir in the vanilla and salt. Immediately pour the rice cereal into the marshmallow mixture and gently stir until evenly combined. Pour the mixture into the prepared pan, fold the parchment ends over it, and use your hands to flatten it into a 12-by-10-inch (30.5-by-25-centimetre) rectangle that's about ¼ to ½ inch (6 to 12 millimetres) thick.

3 Using the snowflake and snowman cutters, cut out shapes. Use the dried fruit and nuts to add features and details to the snowflakes and snowmen (if using).

*contains nuts

Your Own Personal Flurry Dessert

Elsa whips up a snow cloud that hovers over Olaf. This dessert tastes like a sweet cloud in your mouth.

MAKES 8 FLURRIES

2½ cups (350 grams) fresh blueberries

½ cup (100 grams) sugar, plus 1 tablespoon

¾ cup (180 millilitres) water

1 tablespoon fresh lemon juice

1 cup (240 millilitres) heavy cream

1 teaspoon vanilla extract (vanilla essence)

1 Combine the blueberries and ½ cup (100 grams) of the sugar in a food processor (or blender) and process until smooth. Add the water and lemon juice and process to combine. Pour into a shallow baking dish and cover with plastic wrap (cling film). Freeze for at least 8 hours or overnight.

2 Remove the mixture from the freezer and scrape with a fork into a textured ice or chop into chunks and process in a food processor until smooth. Use immediately or freeze in an airtight container for up to 1 week.

3 In a large bowl, whisk (or beat with an electric mixer) the cream, the remaining 1 tablespoon sugar, and vanilla to soft peaks.

4 To assemble, spoon a layer of blueberry ice into small bowls or glasses. Top with whipped cream, another spoonful of blueberry ice, and another dollop of whipped cream. Serve immediately.

Arendelle's Hot Glogg

Lace up your skates and warm up your belly with this delicious spiced cider, inspired by Scandinavian glogg.

MAKES 6 TO 8 SERVINGS

1 quart (960 millilitres) apple, black currant, or grape juice

½ cup (100 grams) sugar

5 cardamom pods

One 3-inch (7.5-centimetre) piece of fresh orange or lemon peel

One 2-inch (5-centimetre) piece of peeled fresh ginger

2 cinnamon sticks 5 whole cloves

1 pinch of ground nutmeg

Golden raisins (sultanas) for serving

Sliced almonds for serving

1 In a large saucepan over medium heat, warm the juice, sugar, cardamom, orange peel, ginger, cinnamon sticks, whole cloves, and nutmeg, stirring, until the sugar is dissolved, about 10 minutes. Turn the heat to low and continue to warm the mixture until the flavors blend, about 35 minutes. Strain into a large pitcher or bowl, and discard the solids.

2 To serve, drop a few raisins (sultanas) and sliced almonds into a cup, pour the warm juice over them, and drink (carefully!) while warm.

*contains nuts

"Love Will Thaw a Frozen Heart" Treats

The ice in Anna's heart can only be thawed by an act of true love. But these frozen hearts are meant to be eaten, by you.

MAKES 20 TO 24 FROZEN "HEARTS"

1 cup (240 millilitres) Greek yogurt

1 tablespoon honey

1 teaspoon vanilla extract (vanilla essence)

20 to 24 ripe fresh strawberries

1 Line a baking sheet that will fit into your freezer with parchment paper or wax paper (greaseproof paper).

2 In a small bowl, combine the yogurt, honey, and vanilla. Dip the strawberries, one at a time, into the yogurt mixture, turning to coat, and place on the prepared baking sheet. Freeze until firm, about 30 minutes.

3 Dip each coated strawberry in the yogurt mixture a second time for a thick, even second coat. Freeze for another 30 minutes. (To store, place in an airtight container in a single layer and freeze for up to 3 days.)

4 Serve whole or cut in half within 15 minutes of removing from the freezer.

Olaf's Summer Smoothie

This is the drink you'll want in your hand for relaxing in the summer sun. Feel free to swap in different fruits, but mango and raspberries are so intense that when you put them together, they just make sense!

MAKES 2 SMOOTHIES

1 ripe banana

½ ripe mango, peeled

½ cup (120 millilitres) skim milk

¼ cup (60 millilitres) orange juice

¼ cup (60 millilitres) nonfat yogurt

¼ cup (30 grams) fresh or frozen raspberries

1½ cups (210 grams) ice cubes

In a blender, combine the banana, mango, milk, orange juice, yogurt, raspberries, and ice and purée until smooth. Serve immediately in two tall glasses, each with a thick straw.

Split the Ice Apart Ice Cubes

Cold and clear, there's beauty but no danger in these ice cubes made from your favorite fruits, juices, and flowers. Your favorite drink will be so special when you float these in it.

MAKES 12 ICE CUBES

1 cup (240 millilitres) warm water

¼ cup (50 grams) sugar

Juice from 1 lemon

12 fresh raspberries

12 edible blue or pink flowers, such as pansies, rosemary blossoms, or lavender

1 In a small pitcher or a measuring cup with a spout, combine the water and the sugar, stirring until the sugar dissolves. Stir in the lemon juice.

2 Put 1 raspberry in each section of an ice cube tray. Add a flower to each section. Pour the lemonade over each raspberry, filling each cube just short of the top. Freeze until firm, 1 to 2 hours.

Variation

Purée ½ cup (70 grams) fresh blueberries in a blender. Mix with 2 tablespoons honey and ¼ cup (60 millilitres) warm water. Pour into an ice cube tray to make icy blue cubes!

Want More
Chronicle Ebooks?

CLICK HERE!

Get
freebies,
discounts,
and more!